

PRIMARY & ELEMENTARY WINTER LUNCH MENU 2023

Week 1 - Oct 16-20 . Nov 6-10 . Nov 27-Dec 1 . Dec 18-22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHEDULED MEAL	grilled cheese carrots fruit cocktail	beef taco cheese tortilla lettuce pineapple	chicken tetrazini dinner roll green beans apple	chicken meatballs mozzarella hot dog bun mixed veg pears	turkey burger cheese slice bun peas orange
VEGETARIAN VEGAN	grilled cheese red beans and rice	lentil taco	black beans and rice	veggie meatballs w/ tomato	boca burger

Week 2 - Oct 23-27 . Nov 13-17 . Dec 4-8 . Dec 25-29

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHEDULED MEAL	sweet and sour chkn breadstick peas peaches	chicken o's corn bread muffin broccoli raisins	chicken quesadilla salsa tropical fruit	chicken sausage cheese slice french toast bites hashbrowns applesauce	turkey & cheese sandwich cucumber grapes
VEGETARIAN VEGAN	falafel tots	dr. p's tenders	cheese quesadilla black bean tortilla	malibu/boca burger	vegan turkey sandwich

Week 3 - Oct 30-Nov 3 . Nov 20-24 . Dec 11-15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHEDULED MEAL	chicken fries biscuit sweet potatoes pears	chicken sloppy joe bun carrots peaches	swedish turkey meatballs dinner roll mashed potatoes mandarin	beef goulash breadstick peas tropical fruit	grilled chicken nuggets graham cracker broccoli applesauce
VEGETARIAN & VEGAN	dr. p's strips	lentil sloppy joe	veggie meatballs	veggie goulash	hummus and ritz